AYURPRANA

FOUNDATIONAL NOTES

Types / Classifications

- **Sira:** Blood Vessels
- **Mamsa:** Muscle
- **Kurcha:** Ligament
- **Sandhi:** Joint
- **Asthi:** Bone
- **Majja:** Nervous Tissue
- **Sadhyaprana Hara Marma:** Death Can Happen
- **Vaikalyakara Marma:** Neurological Signs And Symptoms

Functions

- Healing The Body,
- Balancing Dosha,
- Improving Functional Integrity
- Improve Circulation
- Improve Cellular Communication
- Immune Function Improved

Vayu and location of marma

- **Prana:** Skull Head And Face, Heart
- **Udana:** Diaphragm To Throat, Supraclavicular
- **Vyana:** Circulation
- **Prana And Vyana:** Chest Marmani
- **Samana:** Fire, Abdomen, Belly Button
- **Apana:** Below Belly Button, Le

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